

10 Extra Hours

You're feeling overwhelmed, exhausted and feel like your time is not your own because everyone else comes first!!

I see you.

10 Extra Hours is the answer to the "*How do I take care of ME, when my life is so full!*" puzzle. Where you will create the freedom to chase your dreams without the guilt.

A lifestyle where you CAN do everything YOU choose, while becoming a better partner, co-worker, and Mum.

The Details:

Name: 10 Extra Hours

Duration: 8 weeks

Inclusions:

- Access to the 10 Extra Hours online course
- Scheduled private coaching sessions to focus you while making some incredible breakthroughs and to ensure your changes stick!
- Direct access to me on weekdays through my online coaching platform

The Process:

1. **Welcome!** We'll start by covering the basics, turn your excitement into actions by walking you through the program and technology stuff.
2. **Imagine!** We'll kick things off with an exercise to find your destination. To paraphrase the Cheshire Cat: "If you don't know where you're going, it won't matter which road you take!" You will know which road, because you will be very clear on what you want. We will have a coaching session once you've finished this exercise, getting you prepared to make changes fast.

3. **Get Strong!** The first part of your life we'll grab some time back from is the commitments you have. You will learn how to say "No, thanks!" to the things that aren't on the road to your destination and also how to "Un-yes" from stuff you're already tangled up in... and it'll be easy and guilt free!
4. **Get Shit Done!** Then we'll tackle the P-word... Procrastination! In the first part of this process you'll understand the why and how procrastination is keeping you from your free time and then the strategies to overcome it will appear, like magic! We will pop a coaching session in here - Procrastination can have a strong hold on many of us - and I want to ensure you have decided on some changes to implement and that those extra hours are starting to appear in your weeks. Then you'll continue with the second part, focusing on more strategies to take steps towards your goal, easily.
5. **Get Real!** You know what you want, what you don't and what might be stopping you - now is the time to make it happen with some prioritisation and delegation skills. Yes, you can have it all and do it all - because you are going to be in charge!
6. **Wrap Up!** It's the end of your program, but not the end of the deal. I always want to make sure that you have got all the tools you need to keep the changes you've made and are going to continue to make so one last coaching session is the order of the day! And you may be interested in joining the Reclaim Academy for more.

What's In It for You?

- Go from overwhelm to serene - the extra hours will appear in the first week!
- More energy, more excitement and more time spent doing the things you love!
- Confidence in yourself and your ability to live life on your own terms - guilt-free!
- The joy of getting your spark back, and being able to start laughing and loving life again! (I love watching this happen!!)

Why 10 Extra Hours?

- YOU deserve to be the first person on your list - with personalised coaching I can fully understand your unique situation and will give you the perspective you need.
- YOU deserve to wake up excited every day - I'll be just on the other side of the computer for all the accountability required.
- YOU are more than who you are right now...And you know what? The world (your little one at home and the big one out there) doesn't want to wait any longer for you to be 100% you.

The Deal:

Investment: \$787, payment due before commencing program.

The Fine Print:

10 Extra Hours is one of my Intensives courses designed to help you step into your power and create the life you've always dreamed of! Once we start we will not pause - let's get you the change you crave fast. No refunds will be given.

Ready to Find Your Freedom?

It's time! To make YOU the centre of your universe again! To start living the exciting, fulfilling life you deserve. So, shoot me a DM with a simple "I'm Ready!" and let's get started!